

September 2025 Meal Calendar Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day No Meals	2 Mediterranean chicken Rice, Bread, Garden vegetable blend, Papaya/mango, Low fat milk Margarine	3 Meatloaf, Mashed potato Wheat bread Mixed vegetables Mixed fruit Low fat milk, Margarine	4 Chicken Pasta with Veggies Wheat bread, Broccoli/Cauliflower, Mandarin Oranges, Low fat milk, Margarine	5 Paprika chicken, Mashed potatoes, Wheat bread Green beans/carrots, Peaches cup, Low fat milk, Margarine
8 Salisbury steak Rosemary roasted potatoes Wheat bread, Mixed vegetables, Pineapple, Low fat milk, Margarine	9 Chicken Noodle Soup Potato salad Creamy coleslaw Mandarin Oranges Low fat milk Biscuit, Margarine	10 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk, Margarine	11 Potato Crusted Pollack, Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	12 Tikka Masala, Jasmine Rice Wheat bread, Green beans Papaya/mango fruit salad Low fat milk Margarine
15 Stir fry steak Brown Rice Wheat bread Oriental vegetables Mixed fruit, Low fat milk, Margarine	16 Entree: Shepherd's pie Beef, Mashed potatoes Wheat bread Mixed vegetables Pears Low fat milk, Margarine	17 Vegetable Lasagna Wheat bread Baby carrots, Mandarin oranges, Low fat milk, Margarine	18 Hamburger Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	19 Quinoa corn cake/tofu sauce Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine
22 Ginger and garlic beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	23 Maple glazed chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	24 Braised Beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk Margarine	25 Curried chicken breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk Margarine	26 Chicken Enchilada Brown rice Mixed Veggies Pineapple Low fat milk Margarine
29 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	30 Mediterranean chicken Rice, Bread, Garden vegetable blend Papaya/mango Low fat milk Margarine			